



108) Cardio Mini Tennis:

This drill is a great workout and allows players to work on their touch and feel skills.

Level: 2.5 and higher

Players 1 & 2 are on a team playing against players 3 & 4.

The players start on the singles sideline opposite of each other. The pro feeds in a sharp angle feed and the players run into position and play out a mini tennis point. After the first point is finished, the pro feeds one more ball for a second point.

After every 2 points are played, the players reset to the other singles sideline and the pro feeds again repeating the sequence over and over.

The game can be played with low compression balls or regular balls and volleys can be either allowed or disallowed depending on the pros decision.

V: For an even more intense workout, make the players reset to the sidelines after each point.